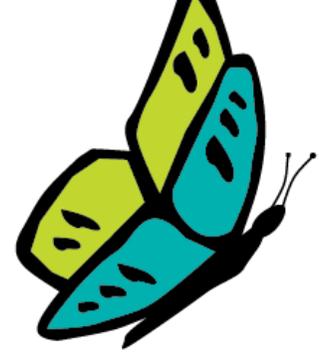


gender journeys



April 2020



- **Trans and non-binary people still face health-care barriers in Canada:**

<https://tinyurl.com/tk6ydwpx>

- **Trans Judge Candidate Wins, Anti-LGBTQ Congressman Loses in Illinois**

<https://tinyurl.com/qv5j6ng>

- **Theo Germaine on the Beautiful Variety of Trans, Nonbinary Identities**

<https://tinyurl.com/va26ael>

 @genderjourneysHKPR

 @genderjourneys

 @genderjourneys



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all

Service Announcement

Deemed an essential service by the Ontario government amid public health concerns related to COVID-19, C.M.H.A. H.K.P.R. remains open and is ensuring community mental health and addictions supports are safely available.

While the format has changed to keep our clients and our staff as safe as possible, Gender Journeys is pleased to continue the delivery of groups and support services in alternate forms.

A Message from your Gender Journeys Team

Hey folx,

This is a message from your friendly Gender Journeys staff members. This is a time of fear and uncertainty for all of us, and with calls to stay home and maintain physical distance it can be difficult to connect with community. We also realize that many community members may have experienced set-backs in their transition due to this pandemic, including cancelled appointments and surgery dates.

We want folx to know that Gender Journeys is still here and open for virtual peer support sessions, so please don't hesitate to reach out if you need someone to talk to. We are also excited to be launching several virtual groups and events to bring the community together. Please RSVP and come out to share, learn, stay connected and have fun. We'll all get through this together.

Take care and stay safe!

- Gender Journeys Staff



Upcoming Gender Journeys Virtual Events/Groups

Contact us at genderjourneys@cmhahkpr.ca for more info or to register!

Gender Journeys Research Questionnaire

Gender Journeys is conducting research to make a case for the need for continued services. We'll be reaching out to past participants to ask if folks are interested in participating in a research questionnaire, interview, or focus group.

Drop-in Beyond

Wednesdays 6:30-8:30 p.m. ● ● ●

Starting April 1st

A loosely structured weekly group where trans, non-binary, and questioning folx can come together to socialize and discuss matters of importance to them.



TranZilient

Mondays 6:30 to 8:30 p.m.

Starting April 6th

A 4-session creative writing/expressive arts group for trans, non-binary, and questioning adults. Participants will explore gender expression, identity, and their experiences through the arts.



Loved Ones Reading Group

Thursdays 6:30 to 8:30 p.m.

Starting April 2

A weekly group for adults with a trans partner, family member, or loved one. Trans-related articles, short stories, and informative resources will be assigned for prior reading, and discussed in group. Members may also bring their own stories, experiences, articles and resources to share with the group as well. This is a non-judgmental space and time will be set aside for open talk support each session.



Trans Reading Group

Tuesdays 6:30 to 8:30 p.m.

Starting April 7th

A weekly group for trans, non-binary, and questioning adults. Trans-related articles, short stories, and informative resources will be assigned for prior reading, and discussed in group. Members may also bring their own stories, experiences, articles and resources to share with the group as well. Time will be set aside for open talk support each session.

Community Game Night | Friday, April 3rd, 7 to 9 p.m.

Gender Journeys is conducting research to make a case for the need for continued services. We'll be reaching out to past participants to ask if folks are interested in participating in a research questionnaire, interview, or focus group.



Upcoming Community Events

Trauma Informed Yoga for Survivors of Sexual Violence (offered over Zoom)

This BIPOC and LGBTQ2SII-welcoming opportunity is being facilitated by Yami Msosa through Zoom, with 15 spaces available for registration. Video will be off for the participants for their own confidentiality and feeling of safety while doing yoga in their preferred space.

SEEDS Yoga is a class that offers healing-centred engagement/trauma informed practices incorporating teaching methods from Transcending Sexual Trauma Through Yoga with Zabie Yamaski.

This gentle hatha yoga practice focuses on centering the mind, body and breath through choice and connection using different shapes and forms. The practice will mostly be seated with some standing shapes and forms.

This class is all levels including those who have never practiced yoga before.

Technology requirements:

- smart phone or computer connected to the internet through reliable wifi or data.

Props:

- thick books or blocks
- bolster or rolled up blanket



MARCH 31ST-APRIL 14TH
(WEEKLY CLASS)
5:30PM-6:30PM
FACILITATED BY YAMI MSOSA

SEEDS YOGA

Join us for an afternoon of gentle movement and connection. This 60 minute trauma informed/healing centered hatha yoga class will center choice, and connection. All levels welcome.

Registration: ksac@nexicom.net

KAWARTHA | sexual assault centre

The poster features a central illustration of a Black woman in a blue top and dark pants, holding a baby. To her right are several sunflowers. The background is a light, warm tone with a circular frame around the woman and flowers.

Get to Know Your Gender Journeys Team

Ále Suarez

Ále is a Venezuelan-American, Canadian immigrant, multi-instrumentalist, expressive arts practitioner and education and support worker for the Gender Journeys program. He believes the arts speaks the language of the soul and gives us direct access to our authentic selves.

Troy Armstrong

Troy Armstrong is a part-time worker with Gender Journeys. Their other activities include human rights complaints, bicycle mechanics, gardening, and circus arts.

Maureen Harrison

Maureen is one of our part time Education and Support Workers for Gender Journeys. She has a family of three grown children, a husband and a dog and is a retired teacher. She has a trans family member and supports families and loved ones in addition to our trans clients in a variety of our programs. She loves to read, travel and listen to live music.